

Recovery Resources

brought to you by the Office of Care & Civility
in part with National Drug & Alcohol Facts Week



MySSP (My Student Support Program) is available to all students. MySSP provides 24/7, free and confidential mental health and wellbeing support via the app or call 1.866.743.7732



Substance Abuse and Mental Health Services Administration
SAMHSA's National Helpline is a free, confidential, 24/7, 365 days a year treatment referral and information service (in English & Spanish) for individuals and families facing mental and/or substance use disorders



Talk to a trusted resource. Our Care Team is here to help not only academically, but emotionally and physically. Appointments can be scheduled online. Care Team also has a 24/7 Line: 817-735-2740



SMART Recovery
SMART Recovery has helped millions of people around the world beat their addictions and lead rich, happy, healthy lives. Their help is FREE and available to anybody with an addictive problem



Check out HealthiestYou to talk to a doctor or therapist by phone or video. This service is available free for students covered under the UHCSR insurance plan or for a small fee for all other students. Call 855-870-5858 or download the app